

How to Achieve Great Mental Health

Do you desire to achieve complete mental health? One method to reach and hold on to optimal mental health could be taking a journey of discovery into which foods add to the quality of your life and which foods aggravate mental issues.

Good mental health has to do with the type of food you put into your body because food impacts how your body is going to work.

Dr. Bob DeMaria wrote *Dr. Bob's Drugless Guide to: Mental Health*. Learn how to reach and hold onto optimal mental health to explain the association between organs, food, and function.

The good news is that you can improve mental health issue issues by making optimal food choices. Poor mental health, whether it's anxiety, depression, or memory loss is really a sign of what's going on inside your body. So, simply taking a medication to treat a symptom might not get to the root cause of what's going on. Dr. Bob does not recommend abandoning medications, but adding good food to your diet and working with your health practitioner.

Dr. Bob has simple, easy recommendations to help improve your physical and mental health that he calls his ABCs. His ABCs includes eating half of a red (not green) apple, one-third to a half of cup of beets (to help reduce the amount of cholesterol in your body), and a carrot (which gives you vitamin A) daily.

✖ Different organs in the body are associated with different emotional issues. The liver is associated with anger. If you eat too much fruit, it will place a demand on your liver. The gall bladder, at the base of the liver, is associated with bitterness. The lungs are associated with sadness. The kidneys

are associated with fear. The spleen is associated with anxiety, worry, and the immune system. His book supplies suggestions for which foods will alleviate the mental-health issues associated with those organs.

Poor mental health—anxiety, depression, memory loss—is really a sign of what’s occurring on the inside of your body. The good news is that many folks who experience stress, anxiety, and depression can find relief through proper food choices.

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Marilyn Hickey *founded Marilyn Hickey Ministries more than 45 years ago with God’s vision to cover the earth with the Word. Marilyn co-hosts a daily television program, Today with Marilyn & Sarah, reaching a potential viewing audience of over 2 billion households worldwide. Marilyn communicates deep biblical truths in a way that is understandable and practical for everyday life. Visit the ministry’s website at*

Sarah Bowling *is on a mission to connect every one with the heart of God while loving those who are overlooked, excluded, and ignored. Led by Holy Spirit and anchored in the Word, Sarah seeks to inspire all to know the unconditional and transformational love of God in our daily lives. A Bible teacher, author, international speaker, and a global humanitarian, Sarah also co-hosts a daily television program, Today with Marilyn & Sarah.*